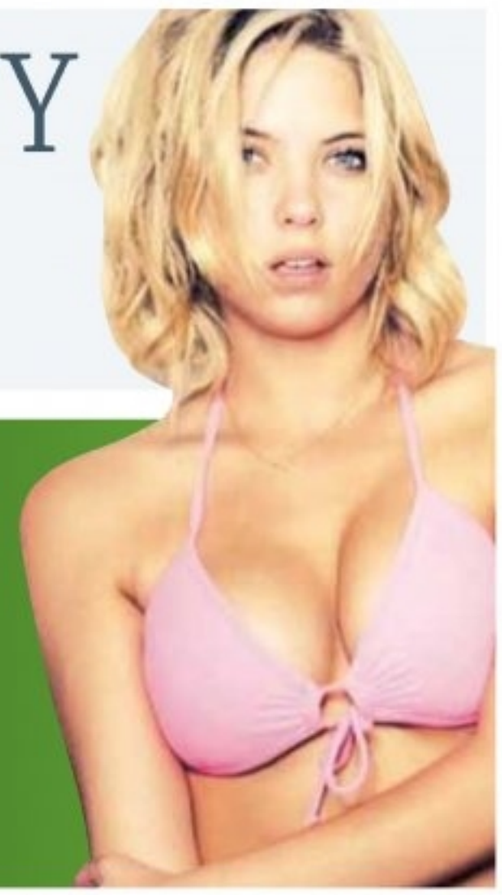
ASHLEY BENSON: FROM 'PRETTY LITTLE LIAR' TO A TOTAL MESS

THE YOUNG ACTRESS TALKS ABOUT HER BREAKOUT ROLE IN 'SPRING BREAKERS' PAGE 11



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BOSTON

Wednesday, March 27, 2013

Advocates tell court to 'DUMP DOMA' at same-sex marriage rally on City Hall Plaza

PAGE 02

Mayor Thomas Menino addresses hundreds at yesterday's rally. / NICOLAUS CZARNECKI, METRO

Lawyer says Bulger can't take lengthy days in court

Bulger trial. The defense attorney is worried about the toll an extended trial day would take on the 83-year-old alleged mobster. J.W. Carney asked newly appointed judge for a schedule that would allow Whitey to get proper rest. PAGE 04

Secret 'Admission' of a comic

Why did Lily Tomlin want to do a topless scene in her latest movie? PAGE 12

When your friend goes from dude to your dad

PAGE 06

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1 NEWS

Hundreds at equality rally listen with supreme interest

Same-sex marriage. Bostonians gathered as the Supreme Court hears arguments for and against DOMA.

Hundreds of people gathered at City Hall Plaza yesterday afternoon amidst rainbow flags and hand-drawn peace symbols, hoping to send a message 450 miles away where the debate over same-sex marriage reached the country's highest court.

The group's message was chanted across the brick plaza: "Dump DOMA."

Just hours before the rally, lawyers argued the merits of a challenge to California's same-sex marriage ban before the Supreme Court justices in Washington, D.C.

Whitney Plantilla of Quincy showed up to the rally and held a sign that read "Say no to hate."

"It's really important that people realize that it's not about just gay rights — it's civil rights," she said. "It's really historic. I'm really happy to be part of it."

The rally became emotional when Julie Goodridge spoke. She was one of the lead plaintiffs in the suit Goodridge v. Department of Public Health that lead to the landmark 2003 ruling by the state Supreme Judicial Court that legalized same-sex marriage in Massachusetts.

She said she was recently in Washington, D.C., and went past the Supreme Court building where people were camping out ahead of the hearings.

"I burst into tears because I'm so thankful that we have been able to make this happen in my daughter's lifetime," she said. Mayor Thomas Menino told the crowd that he will always stand with them on the issue of gay marriage.

"There are a lot of tough decisions I make as mayor, but supporting marriage equality has always been an easy call for me," Menino said. "It should be an easy call for the Supreme Court."

MICHAEL NAUGHTON
michael.naughton@metro.us

Hundreds of people gathered at City Hall Plaza yesterday for the same-sex marriage rally. / NICOLAUS CZARNECKI, METRO

Supreme hearings

The Supreme Court is hearing arguments on two cases related to gay marriage.

- Tuesday's arguments revolved around California's Proposition 8, which banned same-sex marriage there after a statewide ballot vote.
- Wednesday's arguments will focus on the Defense of Marriage Act, which denies federal benefits to same-sex couples.
- The Supreme Court is expected to rule by the end of June.

Special deliveries

10,000

Midwives at Cambridge's Mount Auburn Hospital announced yesterday that they delivered their 10,000th baby. Mary Flavis Cruz Sebastian, of Waltham, was delivered by certified nurse-midwife Clare Storck — no pun intended.

Local Tweet

"Guys. I found Spring. It's in Boston."

We share your enthusiasm, @ellen_phant, but please don't jinx it.

MBTA. Three new commuter rail coaches expected next month

After years of delays, the MBTA said it expects to put three new commuter rail cars into service next month, and have 15 running by the fall.

South Korea-based Hyundai Rotem received a $190 million state contract to build 75 double-decker coaches five years ago. The first four cars were due in 2010, but the MBTA didn't get them until last fall.

All of the new coaches should be ready by next year.

On Monday, MBTA General Manager Beverly Scott visited the company's Philadelphia factory.

"This won't be the last time that I'll be down there," Scott said. "The proof is in the pudding, at the end of the day." MORGAN ROUSSEAU

Disorderly conduct

Police: Man created a scene at MBTA station

Richard Lawson, 32, was arrested Monday after he police said he made "a scene" at the Park Street station when officers approached him for loitering.

Lawson shouted obscenities and spat at the officers, police said. He was arrested on a warrant. METRO

Bar beatdown

Bouncer pleads not guilty to curbside attack

A bouncer for a North Station-area bar whose alleged violent attack was caught on video pleaded not guilty Tuesday.

Sidney Phillips, 31, of Avon, was charged with assault and battery for the early Sunday incident at the Grand Canal bar. He was released on $1,500 bail. METRO

Knife threat

Mattapan man threatened to stab Green Line driver

A Mattapan man was arrested for allegedly threatening a female trolley driver Saturday night because she would not let him board through the rear door.

Police said James Robinson, 53, pounded on the Green Line's windows and threatened to stab the driver with a knife. He was charged with assault. METRO

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Bulger trial. Lawyer: Whitey needs his rest

The lawyer for James "Whitey" Bulger said yesterday that he is worried about the toll an extended trial day would take on the 83-year-old alleged mobster and made a scheduling request to give Bulger rest.

Attorney J. W. Carney Jr. made the comments during a status hearing at federal court Tuesday.

The hearing was the first for Bugler's attorneys, prosecutors and new judge Denise Casper.

Casper was recently assigned the case after the First Circuit Court of Appeals removed Judge Richard Stearns.

Casper told both sides that she intends to keep the June start for the trial and anticipated having at least one longer trial day per week that could last until 3:30 p.m.

Casper suggested that day be Wednesday, but Carney objected and requested that day be Friday so that Bulger could rest over the weekend after the extended day.

"He will be awoken very early every morning. He faces an hour-and-a-half- to two-hour trip to get to court," Carney said.

Bulger is currently being held in a Plymouth jail.

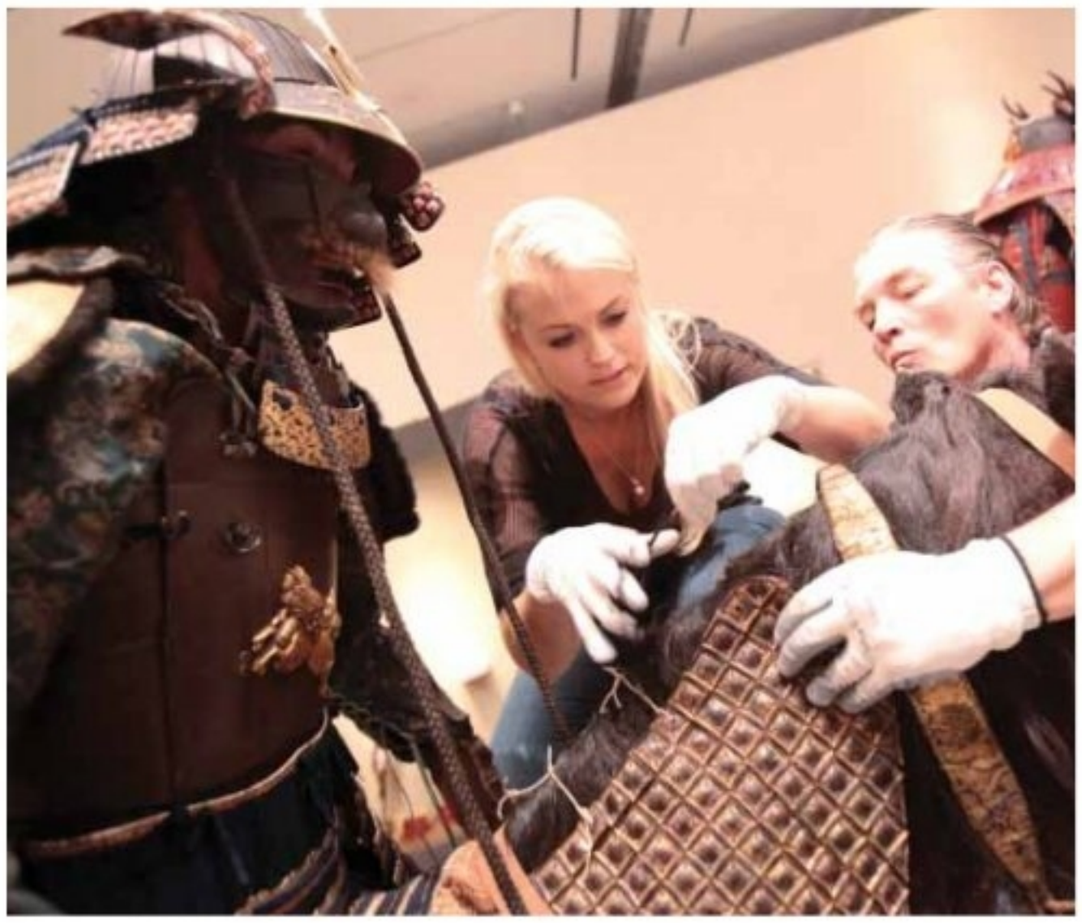
Assistant U.S. Attorney Brian Kelly objected, citing concerns about the jurors who will have to sit through the trial during the summer.

MICHAEL NAUGHTON

Family reaction

Carney's request for Bulger's respite did not sit well with family members of the alleged victims.

- "Getting up early in the morning I don't think is going to kill him, but if it does, I think we're all going to be happy," said Steve Davis, whose sister Debra was killed in 1981.



'Samurai!' to invade Museum of Fine Arts

The artistry of the armor and weaponry used by samurai will be highlighted in a new exhibit opening soon at the Museum of Fine Arts. "Samurai!" is making its first appearance in the country at the MFA. The museum said it illustrates the evolution of the distinctive appearance and equipment of the samurai warrior. It opens April 14 and runs through Aug. 4. / NICOLAUS CZARNECKI, METRO

Daylight detonation

Officer fires gun in Roxbury shoot-out

Boston police said one man was shot in the hand during a daytime shoot-out in the Roxbury neighborhood yesterday afternoon.

Officers arrived at the scene of the shoot-out at about 3 p.m., and gunfire was exchanged. Police were investigating. METRO

College investigation

Findings ready following Roxbury CC probe

The findings of a six-month investigation into financial improprieties and sexual misconduct at Roxbury Community College are scheduled to be released this afternoon, along with plans to address deficiencies in compliance, policy and staff training. SHNS

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Mike Varejao, 27, left, plays the son of Brian Donnelly, 31, in the new YouTube show "StepFriendz."
/ NICOLAUS CZARNECKI, METRO

'StepFriendz': When your bud becomes 'dad'

Web series. ImprovBoston comedians are acting out most people's nightmare in a new online sitcom.

Dude, that's my mom

The older woman shown in the opening credits is depicted as Donnelly's wife and Varejao's mom, but she is actually Donnelly's grandmother.

- **"She doesn't know about it yet.** I imagine [when she finds out] she'll be angry or confused. Next time I talk to her, I'm going to do Face Time, record it and use it for an episode," Donnelly said of his grandma's cameos.

A pair of ImprovBoston comedians this week premiered their new Web series showcasing their quirky comedy, and slipping a slightly unsettling scenario into the minds of anyone who considers their mom's goods off-limits.

The premise of "StepFriendz" is simple, but a little awkward — a guy marries his best friend's mother.

"We thought it would be funny if I played his stepfather. We kicked the idea around for a while, then in December we wrote it and found people to help us shoot it, edit it and be extras," said Brian Donnelly, 31, who has done improvisational comedy for about a decade.

"There are so many good Web series going on these days; we wanted to get in on that action," he said.

The first show, entitled "Telepathic Flu Shot," premiered on the pair's "StepFriendz" YouTube channel Monday.

"So far it's been really positive," Donnelly said of its reception. "Everyone said it's really funny, but definitely weird."

Episodes are based out of Donnelly's Arlington apartment, which sets the stage for comedic banter, then bounces between typical bro talk and father-son scoldings.

"We thought the dynamic was pretty funny, and we hope to have crazy adventures going forward," said comedian Mike Varejao, 27. "This has given us a chance to be very strange with our comedy. We do a lot of improv, but once we do a show, it's just over.

"The audience experienced it, but it's just done. I think this gives us legs, a chance to go somewhere."

The duo has filmed five episodes and is in the process of writing more. The next episode, which will be called "Secret Softcore Magazine," will be uploaded Monday at www.stepfriendz.com.

MORGAN ROUSSEAU
morgan.rousseau@metro.us

Amanda Knox was "shocked" by Italy's Supreme Court ruling yesterday. / GETTY IMAGES

Knox expresses 'pain' over news of murder retrial

Murder case. The Court of Cassation overturned Knox's 2011 acquittal and ordered a new trial, to be held in Florence in 2014.

American Amanda Knox expressed pain yesterday over the decision by Italy's highest court to order a retrial for her and her former boyfriend, Raffaele Sollecito, for the 2007 murder of British student Meredith Kercher.

She said the new trial must include an objective investigation and a capable prosecution, but did not say whether she would return to Italy for the hearings.

An initial verdict for the murder, which happened when Knox, Sollecito and Kercher were students at Perugia University in Umbria, was overturned by an appeal court after Knox and Sollecito had served four years in prison. Knox returned to her Seattle-area home and Sollecito is believed to still be in Italy. The acquittal came after independent forensic experts said the police's scientific evidence was deeply flawed and the investigation had been bungled.

Knox said in her statement: "The prosecution responsible for the many discrepancies in their work must be made to answer for them, for Raffaele's sake, my sake and most especially for the sake of Meredith's family. Our hearts go out to them."

She added: "No matter what happens, my family and I will face this continuing legal battle as we always have, confident in the truth and with our heads held high in the face of wrongful accusations and unreasonable adversity." **REUTERS**

Quoted

"It was painful to receive the news."

Knox, in a statement

She added that the prosecution's case "has been repeatedly revealed to be completely unfounded and unfair."

Case facts

'Foxy Knoxy' for dummies

In 2009 an Italian court convicted the American former exchange student of murdering her roommate Meredith Kercher in 2007. She was sentenced to 26 years in jail; her ex-boyfriend Raffaele Sollecito got a 25-year sentence. However, the pair was acquitted by an appeals court two years later. Now Italy's highest court will re-try the case.

Knox and Sollecito's acquittal has always seemed rather shaky. They were acquitted because of police errors relating to the handling of the evidence at the crime scene. But Rudy Guede, who is serving a prison sentence for Kercher's murder, didn't act alone, and Knox and Sollecito remain the only other suspects. **ELISABETH BRAW, METRO WORLD NEWS**

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Abortion law. North Dakota governor signs restrictive new ban

North Dakota yesterday adopted the most restrictive abortion law in the United States, as the governor signed a bill that bans the procedure in most cases once a fetal heartbeat can be detected, as early as six weeks.

Supporters of abortion rights said they would challenge it in court.

Gov. Jack Dalrymple yesterday also signed a bill that bans abortions based solely on genetic abnormalities, the first state ban of its kind, or based on the gender of the fetus.

Arkansas lawmakers earlier in March approved a ban on most abortions after 12 weeks of pregnancy, which could take effect in August if it survives expected legal challenges. **REUTERS**

Stand ready

United States slams North Korea threats

The Pentagon yesterday condemned North Korea's threats to target United States military bases, saying the U.S. was ready to respond if necessary.
REUTERS

iPhone

T-Mobile USA to sell iPhone starting April 12

T-Mobile USA will start selling Apple Inc.'s iPhone on April 12, making it the last of the big national U.S. operators to sell the popular smartphone.
REUTERS

US Supreme Court wary of broad DOMA ruling

Outside the court, hundreds of demonstrators from both sides gathered. / GETTY IMAGES

Politics. The court could be reluctant to rule on the right for gay marriage.

Yesterday marked the first of two days of arguments before the Supreme Court, which will consider the 1996 national Defense of Marriage Act that denies federal benefits to married same-sex couples. Rulings in both cases are expected by the end of June.

The narrower DOMA case does not give the court the same opportunity to issue a broad ruling because the case relates only to a federal law that limits the definition of marriage to opposite-sex couples for the purposes of federal benefits.

Only the California Proposition 8 case gave the court the option to find a constitutional right for same-sex couples to marry. Polls show growing support among Americans for gay marriage.

But during the argument, Justice Anthony Kennedy, who is considered a swing vote, raised concerns about the court entering "uncharted waters" on an issue that divides the states.

Kennedy raised the prospect of the court dismissing the case, an unusual move that would leave intact a federal appeals court ruling that had earlier struck down Proposition 8 and require the other states that already recognize civil unions to allow gays to marry. **REUTERS**

Quoted

"No hate — we just disagree!"

Yelled one marcher
with a sign that proclaimed children do best with a mother and father

A policeman walks with his sniffer dog. / NICHOLAS KAMM, AFP, GETTY IMAGES

US Supreme Court limits cops' use of drug-sniffing dogs

For the dogs. The use of trained canines to sniff outside of homes is a search, court says.

The U.S. Supreme Court yesterday limited the ability of police to use a trained dog to sniff around the outside of a home for illegal drugs that might be inside.

By a 5-4 vote, the court said the use by law enforcement authorities of trained police dogs to investigate a home and its immediate surroundings was a "search" within the meaning of the Fourth Amendment of the U.S. Constitution, and required a warrant.

"A police officer not armed with a warrant may approach a home and knock, precisely because that is no more than any private citizen might do," Justice Antonin Scalia wrote for the majority.

"But introducing a trained police dog to explore the area around the home in hopes of discovering incriminating evidence is something else," he added.

"There is no customary invitation to do that."

For purposes of the Fourth Amendment, Scalia said, "the home is first among equals." REUTERS

Dogged case

The decision upheld a 2011 ruling by the Florida Supreme Court suppressing evidence uncovered at Joelis Jardines' home with the help of Franky, a chocolate Labrador retriever with a strong record of sniffing out drug stashes.

- Howard Blumberg, a public defender, said he was pleased with the decision.
- "It's a very important decision for all citizens, because it helps ensure their right of privacy."

Photo proof

Va. law: Voters need photo ID

Virginia voters must have photo identification starting next year under a measure Gov. Bob McDonnell signed into law. Republicans have said the law will prevent voter fraud, while Democrats have called it a maneuver to suppress the votes of older people, minorities and the poor. REUTERS

A royal pain

Battle rages over king's bones

King Richard III is at the center of a new fight over the location of his final resting place. The University of Leicester was given permission to reinter the king's remains at the cathedral in Leicester. But his descendants are seeking a legal challenge to have his body laid to rest instead in York. REUTERS

Money troubles

Cypriots protest over bank closure

Cypriots vented anger in the streets, desperate to learn what would happen to their savings, with the government yet to reveal details of controls it will impose to prevent a run when banks reopen after a painful bailout. The country's biggest bank will take over accounts from the second biggest bank. REUTERS

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2

CULTURE

Twitter feed

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Victoria Beckham celebrates in a fancy fashion, Kelly Osbourne is feeling a bit roughed up, Jim Carrey finds his fans exhausting and Patton Oswalt isn't seeing Gerard Butler's new movie.

@victoriabeckham: Getting ready for Easter, making Faberge eggs!!

@MissKellyO: Dear #poland paps I love being here & am extremely honored that you even care about me but please don't push/hit me or my fans! Its not ok!

@JimCarrey: Wow!I haven't been on here since 10:15am.14 hrs n u guys r still arguing without me. I'm gonna go 2 bed now but don't let that stop you! YAWN

@pattonoswalt: I'm sure you're a perfectly entertaining film, OLYMPUS HAS FALLEN, but your title sounds like a rejected Fall Out Boy song.

THE WORD

Dorothy Robinson's take on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

1 Will Smith: Not getting jiggy with 'Django'

Will Smith turned down Jamie Foxx's role in Quentin Tarantino's western revenge-fantasy "Django Unchained" because the character wasn't big enough for his ego. "Django wasn't the lead, so it was like, I need to be the lead. The other character was the lead!" the star told Entertainment Weekly (I'm guessing he assumed the lead was Christoph Waltz, even though Waltz went on to win an Oscar for Supporting Actor for "Django" — key word "supporting." "I thought it was brilliant," he says of the film. "Just not for me." Good thing he turned it down as he probably couldn't have handled all the critical acclaim if he was in that last year as well as "Men in Black 3."

2 Lohan's 'strange' priorities

Lindsay Lohan's latest sentence calls for her to enter a 90-day rehab program by mid-May, but why the delay? If Radar Online is to be believed, it's because the troubled actress didn't want to miss a good concert. "Lindsay was adamant that she not be forced to go to rehab until after the Coachella," a source says. "It's that important to her, for some strange reason." That strange reason? Drugs.

3 Chris Brown makes amends to Ryan Seacrest

Chris Brown was PR coached within an inch of his life before appearing on "On Air With Ryan Seacrest" yesterday. How do we know? The singer said everything that everyone wants him to say about his brutal assault of girlfriend Rihanna four years ago. "I just tried my best to be the best man I could be over the years and just show her how remorseful and sorry I was for the incident and that time was probably the worst part of my life and being that she has and she's a wonderful person I'm eternally grateful and thankful," he said about trying to make amends with her and the world. And as for the backlash that the two are back together? "People are entitled to their opinions. I can't go around blaming. It's all about my responsibility and me growing up as a man," he said. "So I think now that I'm becoming older, and trying to mature in this life under the public eye at all times, I have to focus on doing the right thing and being more of a humble individual." Now, if he would only act like he believes this.

4 Hef: Not keeping count

How many women exactly has 86-year-old Playboy founder Hugh Hefner bedded over the years? "How could I possibly know? Over a thousand, I'm sure," Hefner tells Esquire magazine. "There were chunks of my life when I was married, and when I was married I never cheated. But I made up for it when I wasn't married. You have to keep your hand in." "Keep your hand in" pertaining to sexual conquests by an 86-year-old is the dirtiest thing I've ever heard.

5 James Franco and Anne Hathaway move on

James Franco insists he and Anne Hathaway have made peace with each other after their disastrous Oscars hosting gig two years ago. "Anne and I made up, by the way. Let's just get that on the record," Franco told Howard Stern. "It was a really hard time after the Oscars. She wasn't mad at me, I don't think. The critics were so nasty." The star also addressed a rumor that he'd turned down an offer to sleep with Lindsay Lohan. "I don't want to, like, brag about it. I don't know how that got out," Franco said. "She was having issues even then, so you feel weird."

Ashley Benson: A coed gone very bad

Films. The starlet is making the jump from being a "Pretty Little Liar" to one of the "Spring Breakers."

Ashley Benson plays a good girl gone wild in "Spring Breakers." / ANNAPURNA PICTURES

"Pretty Little Liars" star Ashley Benson makes the jump to film in the most attention-grabbing way she can: alongside Selena Gomez and Vanessa Hudgens as coeds gone bad in Harmony Korine's "Spring Breakers."

The film finds the girls' characters knocking over a diner to fund a wild week in Florida, ending up in jail and bedding down with a crazed, gun-toting, drug-slinging amateur rapper named Alien (James Franco), all in a kaleidoscope of American culture taken to the brink. Not surprisingly, it's courted some very strong reactions. And you know what? Benson likes that you may hate this movie.

"I like when people hate the movie because it's like, 'Wow, we really affected you and you're really disturbed, and that's great," she says. "Because it is a disturbing movie, but it's also a beautiful movie."

Benson came aboard for the film about two weeks before shooting. She says she was attracted to the gritty, raw script.

"My character was so different," she says. "She was just, like, so ballsy, and I've never played anything like that. And I told my agent when I was looking for a movie I wanted to play a tough girl who deals with drugs, who deals with violence — and then this script came out of nowhere and I was just like, 'Oh my God! I have to get this role!'"

Benson says that although she's interested in more roles on the big screen, she's also quite attached to her current gig on "Pretty Little Liars."

"I'm on my show right now, and I'm going to try to balance out doing movies at the same time, so right now I'm just reading scripts," she says. "With this being my first movie, it was a very unique experience. I think I want to do another one like this. I want to work with a director who's kind of like Harmony. I would love to do another independent film. Film is what I want to do in the long run, but I want to do something similar to this just because I loved it so much."

NED EHRBAR
ned.ehrbar@metro.lu

The script

'Just pretend it's a video game'

One of the most telling lines in the film is "Just pretend it's a video game." But it wasn't in the script. "The script was more descriptive and very visual, with little dialogue," says Benson. "These girls watch cartoons and play video games and get high and drunk. So for them to be able to do this, they just pretend like they are in a video game."

In pictures

1 Katie Price
Just look at this outfit on Katie Price at the KP Equestrian in London yesterday. GETTY IMAGES

2 Marion Cotillard
Marion Cotillard shone at the "Rust And Bone" Japanese premiere in Tokyo yesterday. WIREIMAGE

3 Emma Watson
Emma Watson got her own wax figure at Madame Tussauds yesterday in London. UK PRESS VIA GETTY IMAGES

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Lily Tomlin chops to it for 'Admission' role

Films. Comedy legend talks about almost getting a tattoo, feminism and the mother-daughter relationships in her new film.

"Admission" is a romantic comedy, not an action movie, so it comes as something of a surprise that one of its stars wanted to advertise her physique with a scene in which she chops wood bare-chested in the forest. Even more surprising? That star was comedy legend Lily Tomlin. "I wanted to be in the woods chopping wood with my shirt off," Tomlin reveals about her character, a septuagenarian feminist whose adult life has been devoted to activism. "The character has a double mastectomy, and I think, I'll get a breastplate made like I've had a double mastectomy and I'll tattoo it to show another expression of her empowerment and how she's completely at ease with herself and accepts her female body."

Unfortunately, the actress landed the role too late to be able to follow through on her plan. But even without the requisite hardware, she wanted to bare her body onscreen. She reached into her own experiences in order to bare her character's soul. "I am a feminist, and I lived in those days of the movement," Tomlin explains. "And I know what it is as a human [to believe] in a certain philosophy or some doctrine — and you do not want to betray it."

As Susannah, Tomlin plays the mother of Tina Fey's Princeton admissions officer, Portia, who's fumbling her way through a romance with an alternative high school principal (Paul Rudd) while simultaneously dealing with the revelation that an applicant just might be her long-lost son. The 73-year-old actress says that she loved the parallels she saw between mother and daughter, particularly since like her daughter's long-concealed pregnancy, Susannah had Portia under dubious circumstances that she has since reimagined as an emblem of her feminist values.

"My character got pregnant from having sex with a guy she's attracted to on the train, but she doesn't want to admit that she was so attracted to this guy that she was vulnerable to him," Tomlin observes. "So she creates that mythology that she chose him and she was empowered enough to decide when she was going to have a child and who she was going to have it with. And then that mythology isolates her from her daughter most of all."

Tomlin especially liked that the film possessed so many layers while still managing to deliver on a visceral level. "Aside from the feminist aspect, it's just a human story about people not being their authentic selves," she says. "Every one of us was living some kind of inauthenticity."

"The metaphor of admission, in the course of the movie we all have an admission," she says, punctuating the film's title. "I love the slug line: 'Let someone in.'"

TODD GILCHRIST
letters@metro.us

Lily Tomlin plays Tina Fey's first-generation feminist mom in "Admission." / GETTY IMAGES

Quoted

"Aside from the feminist aspect, it's just a human story about people not being their authentic selves. Every one of us was living some kind of inauthenticity." Tomlin

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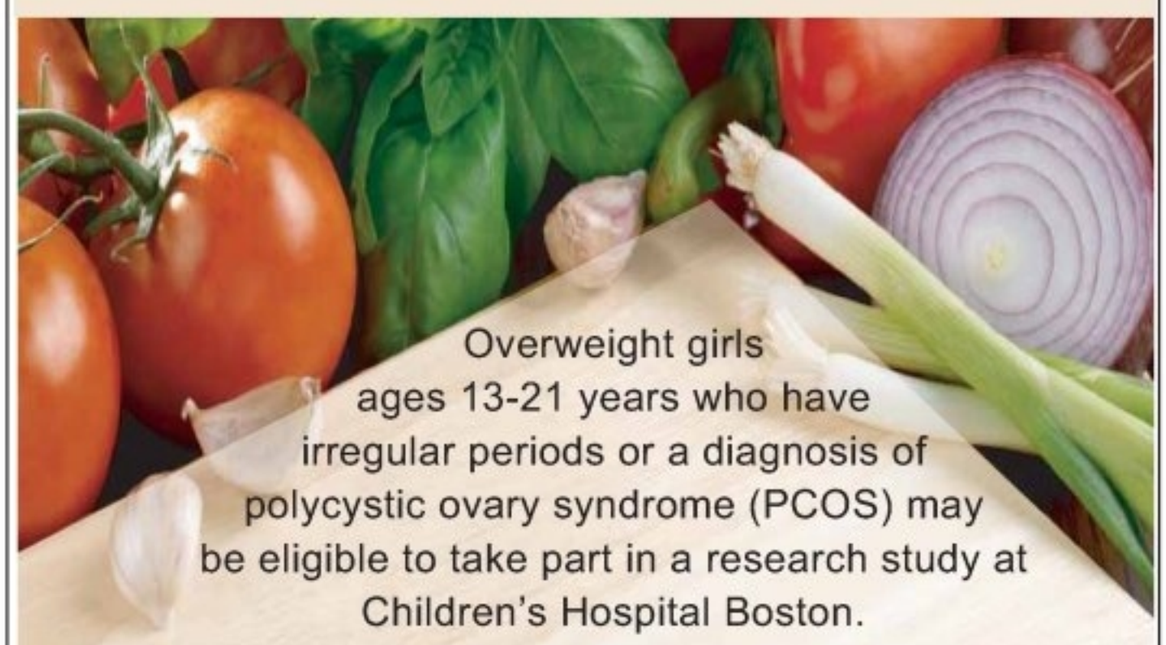

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TV watch list

"Bomb Girls" choose their battles carefully. / REELZ

REALITY

'The Real World'

What kind of drama can eight new housemates/ aspiring actors manufacture in Portland, Ore.? **SEASON PREMIERE, 10 P.M., MTV**

DRAMA

'Bomb Girls'

This WWII-era drama returns for Season 2 in 1942. Avoid spoilers by refusing to learn about history. **SEASON PREMIERE, 8 P.M., REELZ**

COMEDY

'Modern Family'

How many cliched gender stereotypes will be reinforced when Jay is left alone with the new baby? **9 P.M., ABC**

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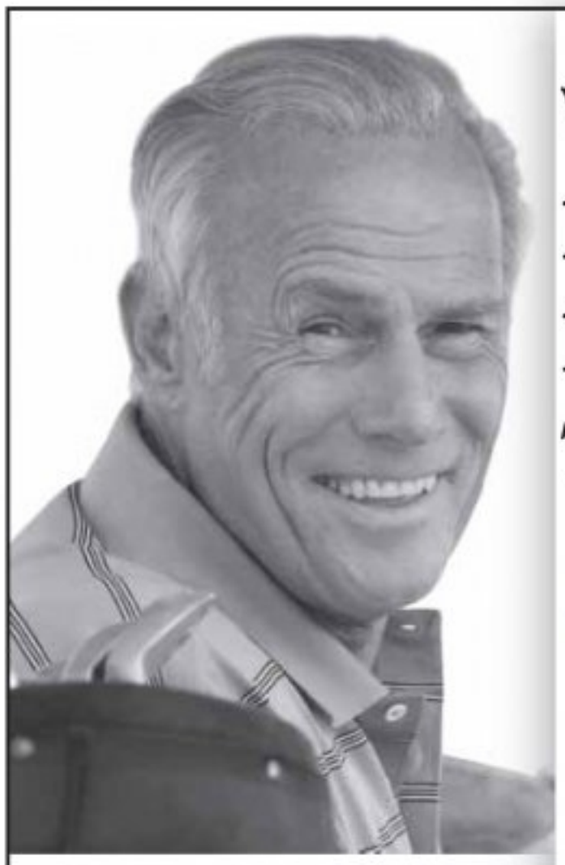

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With her best foot forward

Big top. Nothing is a stretch for Big Apple Circus contortionist Elayne Kramer — not even archery with her toes.

Argentina-born contortionist Elayne Kramer hopes that first-time audiences will have the same experience that she did upon seeing the Big Apple Circus for the first time as a child. The sixth-generation circus performer remembers being completely transfixed by the closeness she felt, both literally and figuratively, to the performers in the big top.

"I fell in love with it," says the 21-year-old. "That sense of connection with the audience is so important."

She's just given an outdoor performance at Faneuil Hall, where she charmed a frigid but willing crowd with skills such as balancing on her hands and casually bending her legs over her head like a scorpion's tail. Kramer's remarkable act incorporates the ancient trick of firing a bow and arrow with her feet. Other performers offer modern spins on time-tested circus staples like clowning, animal training, tumbling, juggling and more—all skills within Kramer's own DNA.

"My father did everything: teeterboard, flying trapeze, tightrope, slack-wire, hand balancing and tumbling with his brothers. My mother was an aerialist."

Kramer herself was in the fold from birth. She says, "It's easier to get into the circus than to leave it!"

JONATHAN DONALDSON
letters@metro.us

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According to Kramer, her signature trick goes back to the year 61 A.D.

"My father walked into a pub and found a picture of an Indian woman holding a bow and arrow with her feet. He kept that picture for many years, and when I was 6 years old he showed me and said, 'Would you like to try this?'"

Little Elayne said yes. But don't be worried about the arrow going into the seats. Remember, she's been practicing since a very young age.

"If you're 9 years old, you're already too old to learn contortionism!"

Kramer will bend over backwards to please audiences.
/ NICOLAUS CZARNECKI, METRO

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Searching for the real Charlotte Church

"I've been wanting to come back to America for ages," says Charlotte Church. / JACK ALEXANDER

Music. You remember her as the little classical music kid, but she's all grown up now.

By age 21, Charlotte Church had dazzled everyone from the pope to the president, earning legions of fans with her angelic, operatic voice. But forever being known as a classical artist wasn't what she wanted for herself.

"It's a beautiful art form, but I just sort of found it limiting," says the Welsh singer/songwriter, now 27, who just debuted "One & Two," two EPs that are her first U.S. releases in more than a decade. "I just wanted to express in a different way, and after a while singing somebody's else's music, I found it dull."

"One & Two" isn't Church's first crossover attempt, but it's the first one she truly believes in. She calls an earlier pop album of hers "a really s— album, a throwaway, commercial album," and says that it took so long for her to make a return to the States because "I just never felt like it was right and I never felt like I had anything really good that I really wanted to push."

During her time out of the U.S. spotlight, she had two kids, hosted a sketch television show in the U.K. and was a victim of Britain's phone-hacking scandal. She calls the renewed attention on her music, as opposed to her personal life, "incredibly liberating."

Church admits that reframing people's opinions of her and the type of music she performs "has been pretty challenging."

"It's sort of a good thing because I think that a lot of people have a lot of affection for me and my music when I was little. And, I don't know, especially over here because I've been famous for such a long time, you [become] some distant family member, or like a character in a long-running show," she says. "So it's really sweet, and I do often hear, 'Oh, you should go back to classical music,' but I don't know, I feel like I've sort of done that."

Church wrote and self-released "One & Two" on her own label, Alligator Wine. The music's haunting, gothic beats evoke the sounds of Radiohead, Bjork and LCD Soundsystem. But Church says the heaviness of her new sound shouldn't be taken at face value.

"Even if you are in a happy relationship — and I've got two beautiful children — there are still certain times when life sucks," she says. "We have a masterfully complex range of emotions, and I think even though a lot of the stuff on both EPs is kind of dark, the one thing that I sort of always aim for is … some sound of hopefulness."

MEREDITH ENGEL
meredith.engel@metro.us

On talent

No strings attached

Just because Church is a singer with TV experience doesn't mean she's holding out hope for a spot at the "X Factor" judges' table.

"I'd rather poke my eye out with a sharp stick," she says. "I don't agree with shows like that. It's the wrong way to look for new talent, and I also think it's terribly exploitative of young people. … Everybody has an opinion and you have to be strong — and I don't think that everybody is. It's also just a weird thing to go through, to get your success via that. And all the sort of heartfelt stories that you have on everybody, it's just — you can just see the strings, you know what I mean?"

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Joy's Healthy Bite

JOY BAUER

HEALTH AND WELLNESS EXPERT FOR THE 'TODAY' SHOW AND NEW YORK TIMES BEST-SELLING AUTHOR

SUPERFOODS FOR SPRING

Supposedly, spring is just around the corner (hurry it up, will you?!) and soon it'll be time to welcome the abundance of fresh fruits and vegetables that are special to the season. Here are five nutrient-packed superstars to help jazz up your menus, lighten your diet and reboot your health — all while giving your taste buds a dose of deliciousness.

For smart slim-down tips and delicious recipes visit Joybauer.com and follow Joy on Facebook and Twitter (@joybauer).

1

Asparagus: One cup provides more than half your daily requirement of vitamin K, which helps in blood clotting and maintaining bone strength. Asparagus is also a good vegetarian source of iron.

2

Arugula: Dark leafy greens like arugula are the closest thing to Mother Nature's multivitamin. Arugula's leaves are enriched with a whole slew of nutrients.

3

Strawberries: These berries are one of the most potent sources of vitamin C, which helps your body produce collagen, a protein that keeps skin firm and radiant.

4

Fennel: This heart-healthy spring veggie has a unique licorice flavor. It's loaded in potassium, a mineral that helps to get rid of bloat and lowers blood pressure.

5

Leeks: With all of the great cancer-fighting compounds they contain, leeks deserve more playtime in recipes, especially during spring when they're in abundance. As with other members of the onion family, they deliver tremendous flavor for very few calories and virtually no sodium. To cash in on the health perks, saute leeks as the base for a soup, stew or casserole, just as you would onions.

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DID YOU KNOW?
ticks

FISH & BONE

No. 1 We all know that deer ticks can transmit Lyme's disease. But did you know that ticks can also pass along other serious illnesses like Ehrlichia and Rocky Mountain Spotted Fever? Or that ticks are most likely to carry disease when they are very young & smaller than the head of a pin? The risk of tick-borne diseases makes effective prevention ***very*** important.

Preventing ticks naturally requires a strong immune system (starting with a healthy diet), use of high quality essential oil-based sprays, and regular monitoring & grooming. In some high-risk areas, chemical 'top spot' treatments might be necessary. Every household with pets needs a Tick Plan and a few simple tools. Don't leave it to chance: emphasize prevention, and learn what to do before you find a tick on you or your pets.

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tip
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Time for a snack break makeover

Cravings. We had a nutritionist raid our desks for the unhealthy snacks we shouldn't be eating. Here's what she recommends instead.

We've all been in the 3 o'clock snack slump, prey to a vending machine that wishes to shower us in sugary, salty, fatty treats. So we enlisted Erin Palinski, R.D., to teach us (and we mean us — she gave a presentation to Metro's editorial staff!) some healthy swaps for the chocolate bars and mocha drinks that we're so keen on. Most importantly, how do they taste? Well, let's just say the samples Palinski brought with her were pretty much gone before she was.

When you want

fruity candy

Brothers All Natural Fruit Crisps

Dried fruit can be a great substitute — if there's no added sugar. But with this freeze-dried fruit, "the only ingredient is actual fruit — providing you with antioxidants and vitamins you won't find in candy." **$1, www.brothersallnatural.com**

When you want coffee

ZICO Latte

The new ZICO Latte is a coffee-coconut water hybrid containing electrolytes, which hydrate better than water, and naturally occurring caffeine (a little less than a cup of coffee). "Coffee drinks can be loaded with added sugars, calories and even saturated fat," Palinski says. "[This] is lower in calories, sugar and fat than most premade coffee drinks." **$2.79 per 14 oz. bottle, grocery stores**

When you want

peanut butter

Van's Peanut Butter Chocolate Whole Grain Snack Bars

What makes these gluten-free PB treats stand out? They boast four times the fiber of other gluten-free bars out there today. They also pack a serious punch of whole grains. **$4.50, www.vansfoods.com**

When you want a soda

Polar Seltzer

A naturally flavored seltzer like Polar "provides the same satisfaction of soda, but none of the sugar or calories, and none of the artificial ingredients," says Palinski. **$1.19, grocery stores**

When you want

something sweet & salty

Kind Nut & Spice Bar

These have "ingredients you can actually see and pronounce," Palinski says. **$2 per bar, grocery stores**

When you want something chocolate-y

Emerald's Cocoa Roasted Nuts

You likely know that almonds are great for your heart, but if their taste has been holding you back, give these chocolate-dusted ones a whirl. "Cocoa powder is rich in heart-healthy flavonoids with none of the added sugar and fat, making it a great way to add sweetness and flavor without increasing your calorie intake," Palinski says. **$5.89, grocery stores**

When you want

something salty

Pirate's Booty

These all-natural baked snacks will satisfy your craving for something crunchy, all for half the fat and fewer calories. **$1.49 per 1 oz. bag, grocery stores**

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What to wear to Coachella

These music-festival essentials are perfect for rocking out under the warm sun.

TINA CHADHA/tina.chadha@metro.us

1

Bold florals help you stand out from the crowd. **Juicy Couture print silk and lace jumpsuit, $268, www.juicycouture.com**

2

Not feeling your outfit? Throw on this boho vest and voila! **We All Shine By MINKPINK Festival Vest, $89, www.urbanoutfitters.com**

3

Don't just wear any blah sweatshirt when the sun goes down. **H&M Tribal sweatshirt, $40, www.hm.com**

4

If you could pack only one item, it should be these: Jean shorts are a festival must. **MiH Jeans Halsy cutoff shorts, Carey wash, $150, www.mih-jeans.com**

5

These shades are totally cute, but no tears will be shed if they crack in the name of a good dance move. **Red Leopard Cherokee Sunglasses, $12, www.uniquevintage.com**

6

Get instant cool cred, hide dirty hair and enjoy some shade with this wide-brim felt fedora. **Brixton Piper hat, $58, www.brixton.com**

7

The sheer overlay and shorter lining of this silk maxi show off your legs and help keep you cool. **Guess Abstract Tie-Dye dress, $138, www.guess.com**

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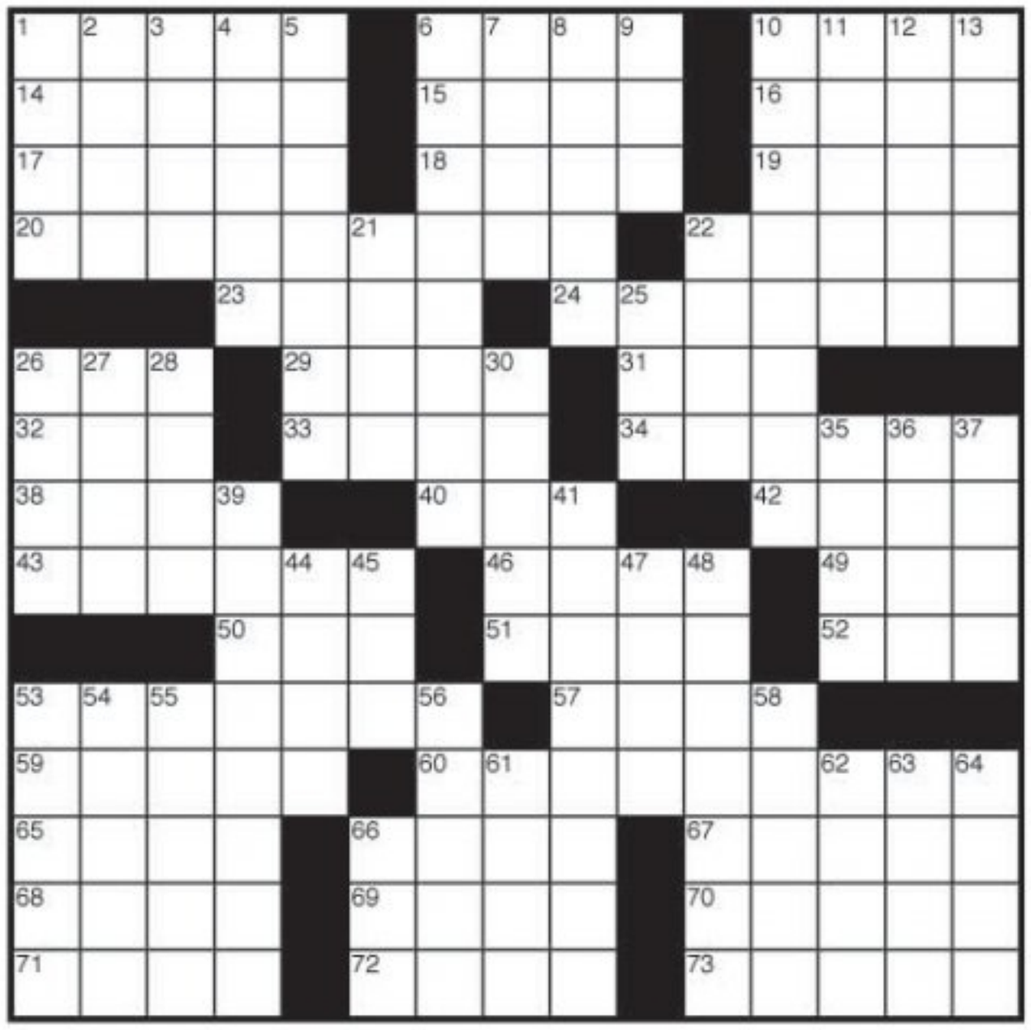

Across

1 Sudden downpour
6 Low-lying clouds
10 Outing
14 Snake venom
15 Water, in Baja
16 Belgian river
17 Insurance worker
18 Wine sediments
19 Earthenware pot
20 Means of escape (hyph.)
22 Built for speed
23 Froth
24 Is parched
26 Litter member
29 Use a screen
31 Way back when
32 Natural resource
33 Sufficient, in verse
34 Full of difficulties
38 Wax-coated cheese
40 Bleacher shout
42 Hacker's pets?
43 Stubborn
46 Director — Ephron
49 Recess game
50 Reed or Ferrigno
51 Mushy food
52 Zig's opposite
53 Xylophone kin
57 Glamorous wraps
59 Buoy up
60 For a song (hyph.)
65 Upscale singer?
66 Kind of dancer (hyph.)
67 Puts an end to
68 Help a crook
69 Chocolate cookie
70 Great Lake natives
71 Stripe
72 Job benefit
73 Went shopping

Down

1. Iffy attempt
2 Comics possum
3 Salchow kin
4 Adds color
5 Bubble over
6 Buys, so to speak (2 wds.)
7 Kind of molding
8 Hotel patron
9 Airline to Stockholm
10 Shop area
11 Gets one's goat
12 Archipelago dot
13 Maxes out
21 Wednesday's god
22 Express relief
25 Checkroom item
26 Haiku or ballad
27 Karachi language
28 Ring, as bells
30 Longbow's sound
35 Cracker brand
36 March Madness org.
37 Burglar of yore
39 Weigh heavily
41 Mark Twain portrayer Hal —
44 Vague amount
45 Center
47 Tooth anchor
48 Cochise and Geronimo
53 Award for valor
54 Perpetrator's need
55 Baltimore gridder
56 Feel passion for
58 Acute
61 Disney chairman
62 Journalist — Ducommun
63 Nefertiti's god
64 Furtive whisper
66 DDE's party

Yesterday's answer

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E	L	K	S	■	G	R	E	E	D	■	T	B	A	R

Horoscope

♈ Aries | March 21 - April 20.
You shouldn't expect others to act in a reasonable manner when you behave otherwise. Try to handle things with logic, not emotions.

♉ Taurus | April 21 - May 21.
The only sure way to achieve success is to roll up your sleeves and do everything yourself. Depending on others to get things done might produce mediocre results.

♊ Gemini | May 22 - June 20.
It behooves you to be democratic and bow to the will of the majority. If you're too demanding, you can expect some serious trouble to arise.

♋ Cancer | June 21 - July 22. Trying to bluff your way through a serious assignment isn't likely to work. To be on the safe side, play it straight and get help if you need to.

♌ Leo | July 23 - Aug. 22.
Be extremely careful that you don't get hot under the collar should a discussion get intense. There's nothing to gain from losing your cool.

♍ Virgo | Aug. 23 - Sept. 22.
What works for someone else won't necessarily do so for you, especially when it comes to your financial affairs. Do what is best suited for your situation.

♎ Libra | Sept. 23 - Oct. 22. Before getting angry, consider the source of unpleasant information being relayed to you. Use collected thinking to soothe your feelings and subdue your response.

♏ Scorpio | Oct. 23 - Nov. 21.
Be extra safety-conscious when performing any kind of distasteful task. If you lose your patience and get careless, you'll create needless problems.

♐ Sagittarius | Nov. 22 - Dec. 21.
Do what you can to avoid a group that includes an individual whom you dislike. If you're more impatient than usual, a confrontation could erupt.

♑ Capricorn | Dec. 22 - Jan 20.
Usually your sense of humor is in good taste, but today could be an exception. Chances are, if you're not careful you could say or act in a manner that others find unsavory.

♒ Aquarius | Jan. 21 - Feb 18.
Watch your temper and don't blow things out of proportion. You could create problems for some innocent people.

♓ Pisces | Feb. 19 - March 20.
Regardless how rosy a financial presentation appears, it would be best to check things out for yourself before investing in it. It could be all talk and no substance.

Letters

Hey Metro, leave those kids alone

Very telling: [You published] not a one-day, but two-day assault last week on Michael Jackson's children and their paternity. Either the gossip well has run very dry, or we are witnessing a new age of the bare requirement for being a "columnist." Even young children that have lost a parent aren't safe from Dorothy Robinson's unhealthy obsession?
N. FOSTER, VIA E-MAIL

Take a moment of silence for chivalry

As the Metro is so widely read on the subway, I would like to take this chance to congratulate the "gentlemen" (insert sarcasm here) that I ride with every day. I frequently see able-bodied men push in front of women to get themselves a seat. Just last week I saw a man push past an elderly woman and jump into the seat she was headed to. Bravo! Now, I want to say it isn't all men. I've seen young men (and teenagers!) offer seats to others, but not many of the older men you would think were raised in a different generation and would have such common courtesy. And don't give me the "equal rights" crap as your defense. Rude is rude. Plenty of women stand because they choose to, and I've seen women offer seats to other women. Where are your manners, gentlemen!?
GAIL SCOTT, VIA E-MAIL

Less talk, more fight

Why does the United States act so scared of North Korea? After all those threats and military actions that the North did, all we do is give sanctions. Sanctions only hurt civilians. It's time to give the North a direct threat to their leadership. If the North takes anymore military action toward us or our allies, we should target the leadership without further warning.
MIKE SEFA, VIA E-MAIL

letters@metro.us

Keep them a brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy

			6				3	
8			3		5			9
		2			4	5		6
	2			6	7		8	
		9				1		
	7		2	4			5	
2		7	9			4		
9			5		6			7
	3				2			

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Looking for the best foods to fight cancer?

Head to the produce aisle

Experts at Dana-Farber highlight five cancer-fighting foods with easy-to-make recipes

Spring is here and if you haven't been good about New Year's resolutions to be healthier, thoughts of warm weather may help reignite that spark to eat better. Confusing and conflicting health claims can make it a challenge to select healthy food, but the good news is that there are many nutritious options. "There are so many 'good-for-you' foods to choose from that the list could be a mile long," says Stacy Kennedy, MPH, RD, CSO, LDN, a nutritionist at Dana-Farber Cancer Institute. "But if I had to pick just five, I would start in the produce aisle of the grocery store."

March is National Nutrition Month®, and the nutrition team at Dana-Farber reminds everyone that maintaining a healthy diet that is rich in plant-based foods is one of the best ways to help prevent cancer. "It really is an excellent choice for everyone," Kennedy says. Look for bright colored, in-season, preferably local, fruits and vegetables. "The key is color," says Kennedy. "That is where the phytonutrients, or cancer-fighting properties, can be found. They help protect the produce and can also be beneficial for humans by strengthening the immune system." A simple way to remember it is if it comes from the ground and can stain a shirt, you want to be eating it.

Here is a list of five of Kennedy's favorite foods, as well as easy-to-make recipes for each. All can be found on the Dana-Farber Nutrition Services web page, as well as Dana-Farber's free Apple iPhone® nutrition app Ask the Nutritionist: Recipes For Fighting Cancer.

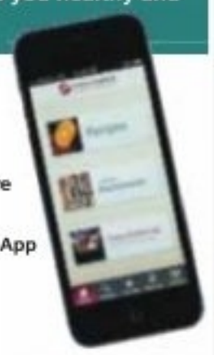
Dana-Farber Cancer institute created a free app to help you fight cancer with your fork. It features recipes to keep you healthy and manage the effects of cancer treatment.

App Features:

- More than 100 healthy recipes and nutrition tips
- Recipes to manage cancer-related side effects
- Q-and-As with professional nutrition experts
- Ability to create shopping lists to take the grocery store

Learn More

to download the app, scan the QR code, visit the iTunes App Store, or go to *www.dana-farber.org/nutritionapp*.



DANA-FARBER CANCER INSTITUTE

1. Kale

"Kale is one of my go-to choices because it's rich in a phytonutrient called indoles, which stimulates liver detoxification and helps fight cancer," says Kennedy. Indoles are found in the rich, dark green color of kale. Other members of the cruciferous family include broccoli, cabbage and brussel sprouts. The American Cancer Society suggests consuming one serving of cruciferous vegetables a day, and studies show people who have diets rich in these vegetables have been found to have lower incidences of lung cancer, prostate cancer and stomach cancer. Kale that is cooked by steaming also may have cholesterol-lowering benefits. Try it in a hearty seafood stew with tomatoes, saffron and kale.

2. Tomatoes

"Tomatoes are a great food because they are rich in a phytonutrient called lycopene, which has been associated with a reduced risk of prostate cancer," explains Kennedy. Tomatoes are available year-round in the supermarket, but when they are in season, try to buy them at local farm stands. That's when they are at their nutritional peak. A tip for getting the most nutritional value from tomatoes is to buy local, make them into a sauce, and freeze it to use year-round. The lycopene is best absorbed when the tomato is cooked. Including a healthy fat, like olive oil or avocado, helps pack a more nutritional punch. Try them fresh in this dish of angel hair pasta with tomatoes and avocado.

3. Sweet Potatoes

Sweet potatoes and yams are other foods that should be enjoyed year-round. They are rich in a phytonutrient called carotenoids. "As little as two servings a day of carotenoids have been shown to help reduce the risk of breast cancer, lung cancer and ovarian cancer," says Kennedy. What other foods are rich in carotenoids? Think orange like carrots, acorn or butternut squash, and pumpkin.

Phytonutrients like carotenoids are available in pill form, but Kennedy warns that they do not have the same protective properties as those found in whole foods and may even cause harm in certain individuals. To get the healthiest boost, Kennedy says it is best to eat the food in its whole form. One of her favorites is this roasted vegetable salad.

4. Apples

Studies suggest that eating at least one apple a day can help prevent throat, mouth, colon, lung and possibly breast cancer. Besides being crisp, sweet and juicy, apples contain quercetin, a nutrient that protects the cell's DNA from damage that could lead to the development of cancer. "It's best to choose organic, when possible, and eat them raw and with the skin on," says Kennedy. "That's where many of the nutrients are found." This pomegranate and goat cheese salad features raw apples and pomegranates which can lower the risk of prostate cancer. If you're a foodie, you may recognize this recipe shared by Chef Frank McClelland of L'Espalier in Boston.

5. Quinoa

Although it may not be found in the produce aisle, quinoa (keen-wah) is a great source of protein. It's naturally gluten-free and often called an ancient grain because it's been grown for thousands of years. Quinoa is actually a seed that can be ground into flour. It is considered a complete protein because it contains all nine essential amino acids. Quinoa is also rich in fiber and minerals like iron, magnesium and calcium, plus phytonutrients like quercetin.

Quinoa is a nice alternative to protein-rich foods like meat and fish Other alternatives include lentils, beans, nuts, seeds, whole grains, and dark green, leafy vegetables. Looking to expand your palate? Spice things up with this Moroccan quinoa salad.

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

April 2013	Site
Thursday 4	Southern Jamaica Plain Health Center
Wednesday 10	Joseph Smith Community Health Center –Allston
Thursday 11	Martha Eliot Health Center
Tuesday 16	Whittier Street Health Center
Wednesday 17	The Dimock Center
Thursday 18	South End Community Health Center
Tuesday 23	Bowdoin Street Health Center
Wednesday 24	Joseph Smith Community Health Center- Waltham
Thursday 25	Geiger Gibson Health Center
May 2013	**Site**
Wednesday 8	Joseph Smith Community Health Center –Allston
Tuesday 14	Bowdoin Street Health Center
Wednesday 15	Martha Eliot Health Center
Tuesday 21	Whittier Street Health Center
Wednesday 22	Neponset Health Center
Tuesday 28	Bowdoin Street Health Center
Wednesday 29	Joseph Smith Community Health Center- Waltham
Thursday 30	Bowdoin Street Health Center

Mammography Van

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NASA-Approved LASIK - Our all-laser, bladeless LASIK at New England Eye Center has greatly improved results and helped take the fear out of having LASIK. The vast majority of our LASIK and PRK patients now achieve 20/20 vision at distance without glasses or contact lenses. Our method of LASIK is the same type approved for NASA astronauts and military pilots.

Implantable Contact Lens - New England Eye Center is among a select group of practices in the country offering patients the benefits of the Visian Implantable Collamer Lens (ICL). Unlike LASIK, the Visian corrects vision by inserting a delicate intraocular lens-like device atop the eye's natural lens, which is why the Visian is also referred to as the 'Implantable Contact Lens.' All of the refractive surgeons at New England Eye Center are qualified and experienced in performing this brief outpatient procedure to insert the Visian ICL. Because no corneal or other tissue is removed in the Visian ICL procedure, visual recovery is extremely rapid and the ICL can potentially be replaced if the eye's focus changes over time.

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Steps you can take to manage diabetes

Many people with diabetes also have high blood pressure. Having both diabetes and high blood pressure can increase your risk for eye and kidney disease, heart attack, and stroke.

No one knows the cause of diabetes or high blood pressure, but it is known that some people may be at higher risk. A few of the major risk factors for getting diabetes and high blood pressure are:

- Being overweight
- Being inactive
- Having a family history of either disease

If you have diabetes, these risk factors are the reason that your diet, activity level, and prescribed medicines are so important. You will feel your best if you can follow a few basic steps.

Be physically active

Every little bit helps, even just five minutes a day is a start. If you can walk for one half hour several days a week, it could make a big difference in your health. Check with your health care provider if you need advice on the types of activities that are best for you, then choose those you enjoy.

Improving what you eat

To keep your meals healthy, you need to control the amount and the types of foods you eat. Make it simple for yourself by using the "rule of three" and a 9-inch plate. Fill half the plate with non-starchy vegetables like broccoli or spinach, one quarter of the plate with starchy food like whole grain bread or pasta, and the last quarter of the plate with meat or some other protein.

Add an eight-ounce glass of low-fat milk and a half cup of fruit and you have a very filling, very healthy meal.

Using the "rule of three" every day along with some moderate activity will help you to lose weight, keep a healthy weight, and manage blood pressure.

Taking prescribed medicines

Your health care provider may recommend medicine for you if you are pre-diabetic, have high blood pressure, or have diabetes and high blood pressure.

Your doctor will know what you need to help keep blood vessels in good shape and your heart beating slower and with normal amount of force. This protects your kidneys and heart, and avoids heart attack and stroke.

Every person is unique. Talk to your health care provider to make sure you are on the best program for you. Your body changes over time, and so will your treatment.

Living healthier is up to you

Live well with your diabetes by keeping your body healthy. To work towards good health, stay active, plan a healthy diet, keep your blood pressure under control, and take any needed medications from your doctor.

Your health care provider can answer questions and refer you to a specialist if you need one. Other members of your health care team may include a dietitian, nutritionist, or a certified diabetes educator (someone who helps manage and adjust your care).

More information online

For more information about diabetes and blood pressure, visit these websites:

Neighborhood Health Plan
www.nhp.org/diabetes

American Diabetes Association
www.diabetes.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

National Heart Lung and Blood Institute
www.nhlbi.nih.gov

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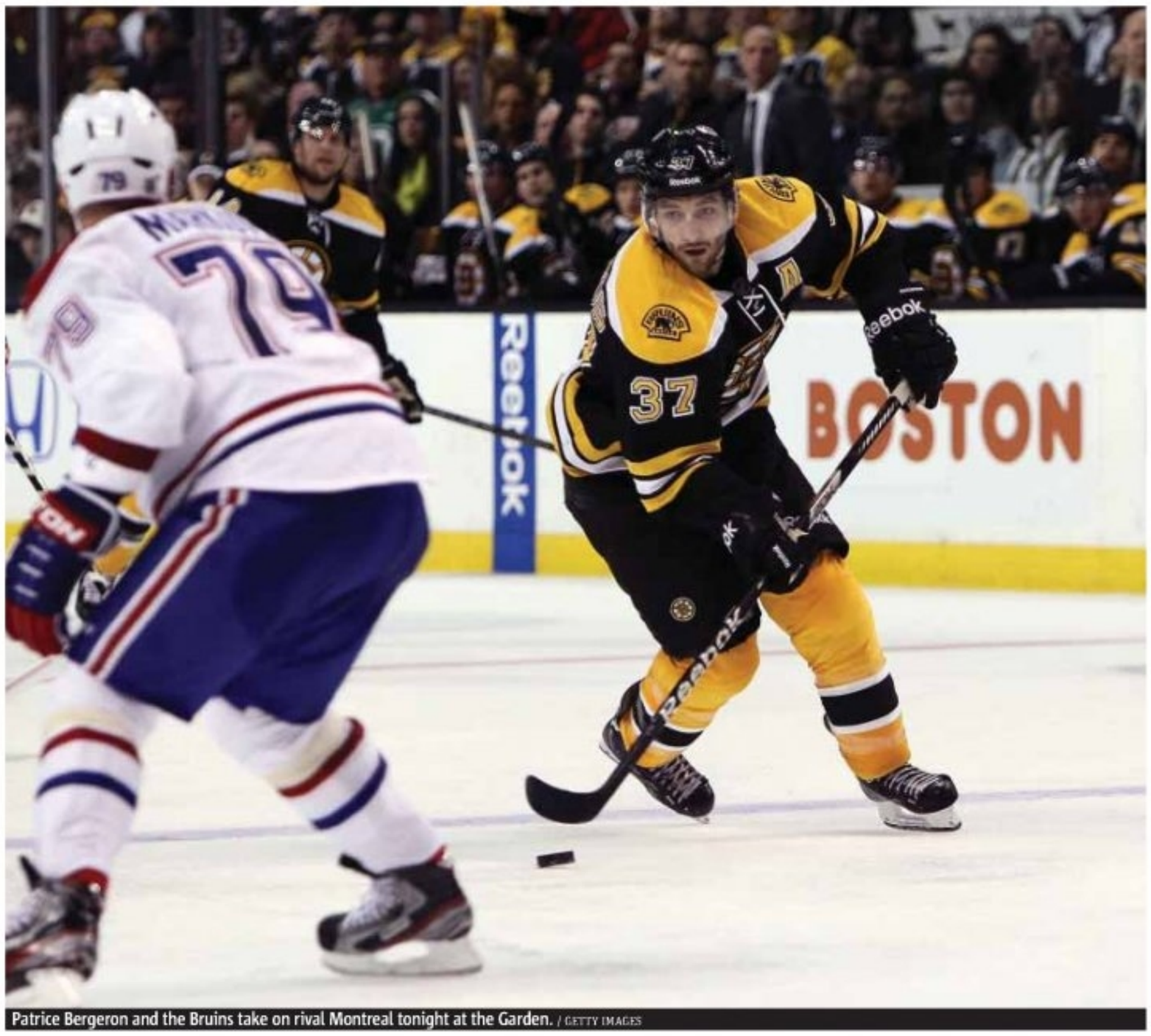

Patrice Bergeron and the Bruins take on rival Montreal tonight at the Garden. / GETTY IMAGES

B's, Canadiens set for a monster showdown

Bruins. With playoffs already a month away, one can bet Montreal will be a factor in Boston's plans.

It's hard to imagine much more of a difficult back-to-back in the Eastern Conference than the one facing the Canadiens this week, not that any Bruins fans will feel bad for them. Montreal (20-6-5) was in Pittsburgh (25-8-0) last night and they will meet the B's in a huge showdown tonight (7:30 p.m., NBC Sports Network).

Since Boston (21-7-3) and Montreal have the same amount of points and have played the same number of games entering yesterday, that means tonight's game will be for first place in the Northeast Division.

The last time the B's had two days in a row without a game was Feb. 22 and 23, so Claude Julien's team is happy to see the proverbial light at the end of the tunnel: Their next game after Montreal is Saturday afternoon (1 p.m., NESN) in Philadelphia. Tired legs and an accumulation of injuries have certainly been factors in their poor play as of late. "It wasn't a pretty effort but a gutsy one," said Julien after Monday's 3-2 shootout win over Toronto. "We're heavy in our play, we lost some speed and everything else that comes with it. Nothing is as quick as it has been. We are tired; there is a fatigue factor."

The Habs and B's have played twice already, with each winning on the road. Boston won, 2-1, at the Bell Centre on Feb. 6, while Montreal answered with a 4-3 win at the Garden on March 3. Tonight's game is fittingly Boston's 32nd of the season, meaning there is only one-third of the regular season left. The Original Six rivals meet once more after tonight (April 6 in Montreal), so these last two head-to-head matchups should go a long way in determining who wins the division and captures home ice for the playoffs.

Milan Lucic scored his first goal in more than a month (Feb. 24) on Monday, and he hopes to get his game in gear during this stretch run.

"[Nathan Horton and I are] a big part of the team. We have to step our games up and get it where it needs to be," Lucic said.

More production from him and Horton, who has one goal in his last 14 games, is vital for the Bruins. Julien had them skating on different lines for the first two periods on Monday before reuniting them in the third and overtime.

RICH SLATE
sports@metro.us

College hockey

New era begins for Terriers

David Quinn took the reigns as head coach of the Boston University Terriers hockey team yesterday, replacing Jack Parker, who was behind BU's bench for 40 years.

Quinn played under Parker from 1984 to 1987 and was most recently an assistant with the Colorado Avalanche.

"I surely wouldn't be in this position if it were not for Jack Parker, and I'm very lucky to be able to call him my coach, mentor and friend. ... I look forward to continuing that [loyalty in the program] and the legacy that Coach Parker leaves behind. METRO

Fenway firesale

Red Sox to lower concession prices

The Red Sox are lowering food and beer prices at Fenway Park for the month of April, as ticket sales have dropped considerably in recent years.

A 12-ounce beer will now be $5 as opposed to $8.50, and Fenway Franks will be discounted as part of a "buy one, get one free deal."

The Red Sox anticipate their record 793-game home sell-out streak coming to an end in April. METRO

Make it rain

Kraft among richest NFL owners

Many tabbed Robert Kraft as loony in the early '90s when he purchased the Patriots. Today, he is worth $2.3 billion, according to Forbes.

Kraft is the eighth-richest owner in the NFL. Seattle's Paul Allen topped the list of NBA owners. METRO

3 SPORTS

Reappearing act

Te'o runs well at pro day

Former Notre Dame linebacker — and national "catfishing" expert — Manti Te'o ran a 4.71-second 40-yard dash at his pro day yesterday. The number was good enough for scouts, who are likely to keep Te'o as a first-round option. Te'o struggled at last month's NFL combine, and rumors of a drop in next month's draft persisted.

MLB. It's official: Yanks' Jeter won't be ready for Opening Day against Red Sox

Derek Jeter will not be on the field Opening Day.

Just days after general manager Brian Cashman said as much, the veteran shortstop reluctantly agreed he would not be playing April 1 against Boston.

"Of course, it's disappointing," Jeter told reporters. "I told you guys all along the goal was to be ready on Opening Day, and I didn't reach it. I ran out of days."

The last time Jeter was not in the lineup on Opening Day was in 2001 when Luis Sojo manned the shortstop position.

Jeter was confident, however, he would be ready April 6 when he is eligible to come off the disabled list.

The fractured ankle he suffered against Detroit last postseason has not gotten worse, and Jeter was careful to say this was "not a setback" as far as his recovery goes.

"As hard as it is sometimes, you have to look at the big picture," Jeter said. Eduardo Nunez will likely start at shortstop Opening Day. **MARK OSBORNE**

Derek Jeter is still hurting from his ankle injury in last fall's MLB postseason. /GETTY IMAGES

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Additional criteria will be assessed by the study doctor.

The study lasts 15 to 22 weeks. Participants will receive either the investigational medication or a placebo (an inactive substance).

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www.MDDResearchStudy.com

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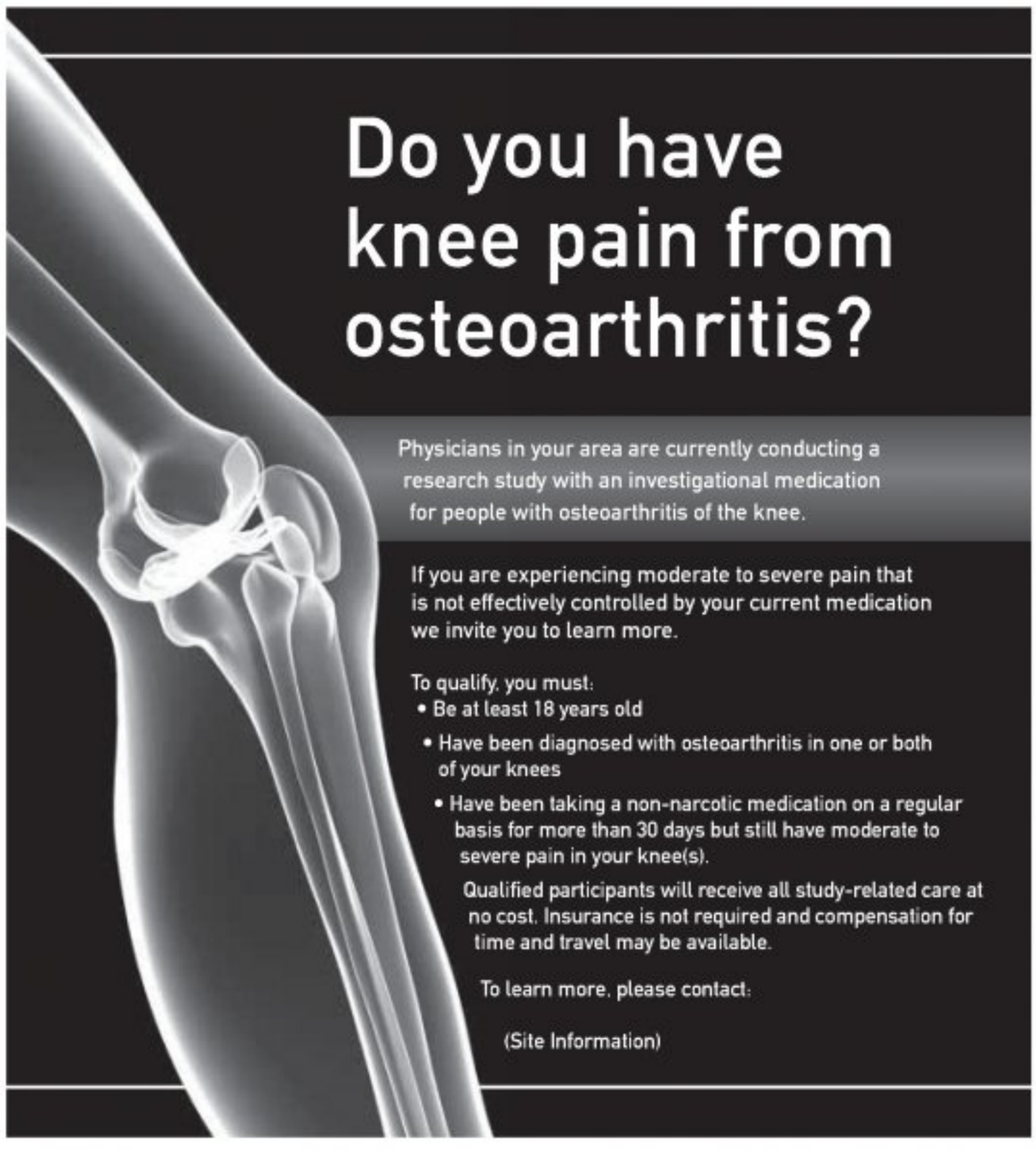

Do you have knee pain from osteoarthritis?

Physicians in your area are currently conducting a research study with an investigational medication for people with osteoarthritis of the knee.

If you are experiencing moderate to severe pain that is not effectively controlled by your current medication we invite you to learn more.

To qualify, you must:
- Be at least 18 years old
- Have been diagnosed with osteoarthritis in one or both of your knees
- Have been taking a non-narcotic medication on a regular basis for more than 30 days but still have moderate to severe pain in your knee(s).

Qualified participants will receive all study-related care at no cost. Insurance is not required and compensation for time and travel may be available.

To learn more, please contact:

(Site Information)

Do you suffer from pain after Shingles (PHN)?

The symptoms of PHN (postherpetic neuralgia) can be debilitating. The deep burning pain and extreme skin sensitivity can greatly impact the quality of your life.

We are conducting a research study of a once daily, investigational form of pregabalin for the pain of PHN.

You may qualify for this study if:
- You are male or female, age 18 years old or older
- You have experienced persistent pain for more than three months after the duration of an episode of Shingles (herpes zoster skin rash)
- Have not been treated with pregabalin during the last 30 days.

Qualified applicants will receive study medication and all study-related physical exams and laboratory tests at no cost.

For more information, call: Beacon Clinical Research
(508) 584-2030 • www.beaconclinical.com

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Boston Clinical Trials
www.BingeEatingStudies.com

For more information, call:
617-752-3636

V1.0

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Veronika Testa, RN, BSN | Project Manager

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Local doctors are currently conducting a clinical research study of a study drug for people with moderate-to-severe chronic low back pain.

To pre-qualify for this study, you must be:

- Between 18 and 75 years of age
- Diagnosed with moderate-to-severe chronic back pain by your doctor
- Experiencing low back pain for a minimum of 6 months

All study-related visits, tests, care, and study drugs will be provided to you at no cost. In addition, reimbursement for study-related time and travel may be provided.

To learn more about this study, please contact:

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Adding an addition to their home

Real Estate. Liz Vilardi and Nick Zappia longed to hang out in their yard. A screened porch was the answer.

There are several reasons why Liz Vilardi and Nick Zappia added an old-fashioned screened porch to their West Roxbury home.

While it's a great play area for 4-year-old Lucian, and for entertaining friends, extra space wasn't the impetus for the addition. It was bugs.

"We have a long, skinny backyard covered in trees. It's shaded and beautiful, but it gets buggy and we never went out there in the summer," says Vilardi.

The couple, who co-own Cambridge restaurant The Blue Room, wine store Central Bottle Wine + Provisions, and Belly wine bar, brought in close friend and architect David Rubino to construct the space.

Rubino designed all three establishments and, along with his wife Maureen, is a partner in Central Bottle.

"It was all about bringing the backyard indoors," says Rubino. "There's [even] an 8-foot door so that it feels open and flowing to the rest of the house."

It also had to match up with this Victorian's fittings. Copper gutters, mahogany and a metal roof added to the cost, which Rubino estimates as "upwards of $40,000. Maybe in the long run, you might decide to enclose it and add windows," he suggests.

Vilardi and Zappia insist that won't happen.

"For me, another reason was nostalgia," says Vilardi. "I grew up in Texas, and we would sit on our porches and sip ice tea. I missed that."

"The only change I want to make," Zappia says, "is to get a pizza oven out there."

LINDA LABAN
linda.laban@metro.us

Tips

Rubino's tips for building a porch

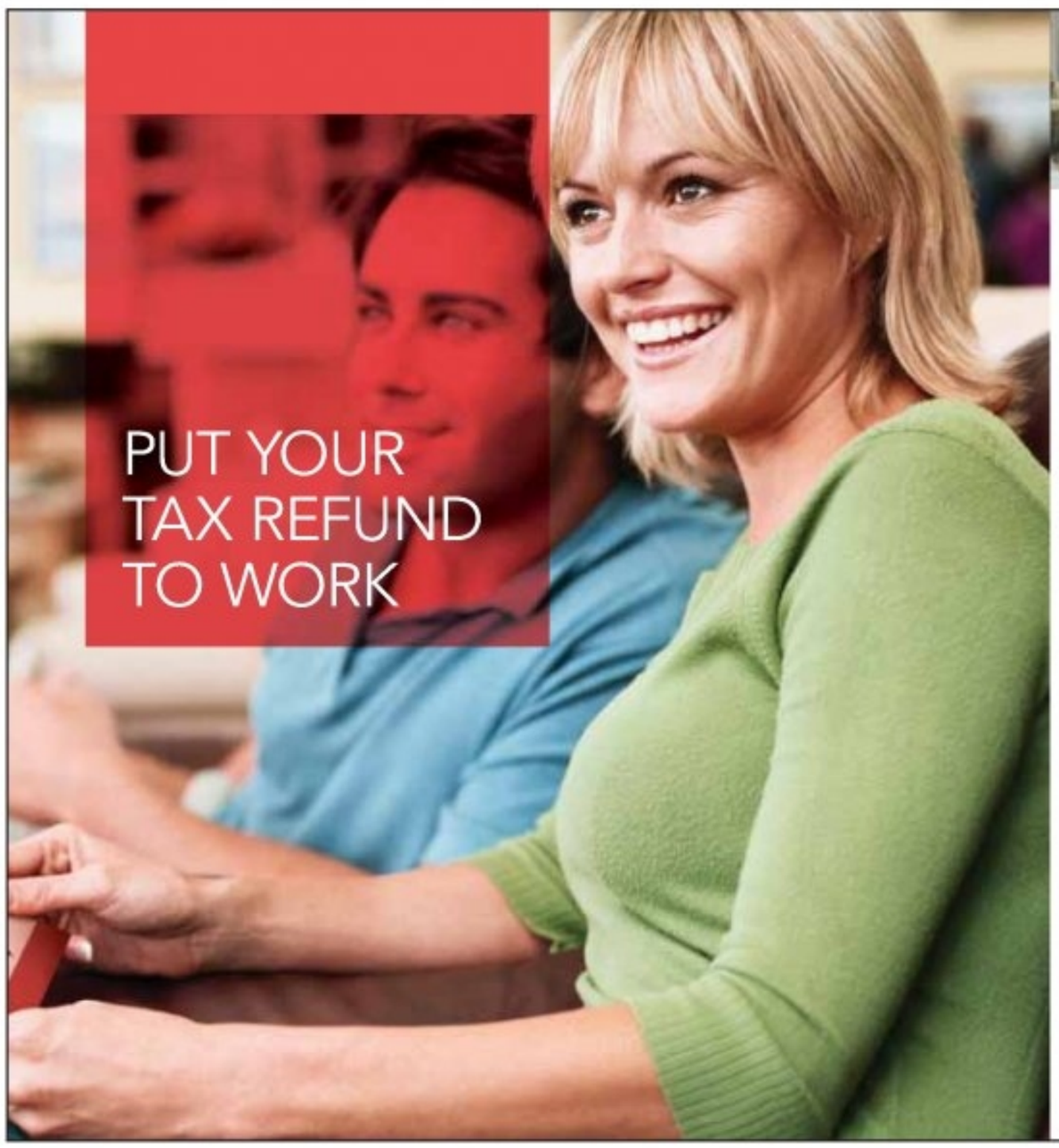
Size: "It doesn't need to be extravagant. It will block sunlight to that part of the house, so a modest addition might work just as well as something bigger."

Site: "Think about privacy. Where are your neighbors? Building codes apply, so boundaries need to be considered. Also, you want to maximize breezes for cross-ventilation in the house."

Sounds: "If you want some tunes out there, you need electricity. Maybe you want to add a ceiling fan. Think about what you'll be using it for."

The couple plan to sip iced tea on their new porch this summer. / PROVIDED

PLUS



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30 yr fixed	3.750	0.000	$967	20%	3.798
15 yr fixed	2.875	0.000	$967	20%	2.959
15 yr jumbo	3.250	0.000	$967	20%	3.282
5/1 jumbo ARM	3.125	0.000	$967	20%	3.008

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Legend: The rate and annual percentage rate (APR) are effective as of 3/25/13. © 2013 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payment do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker. (B) Mortgage Broker. (C) Bank. (D) S & L. (E) Credit Union. (SA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 740. Conventional loans are based on loan amounts of $417,000. Jumbo loans are based on loan amounts of $625,800. Points quoted include discount and/or origination. Lock Days: 30/60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms: ex. 360 monthly payments of $1.29 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://metroboston.interest.com

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1

They'll finally want to help with serving dessert.

Martha Stewart Collection Geneva Cake Knife and Server, $25, www.macys.com

TINA CHADHA
tina.chadha@metro.us

6 Easter brunch must-haves

2

Go beyond Cadbury Eggs this year.

Target Easter egg nonstick cake pan, $14, www.target.com

3

Nothing says "Spring is here!" quite like pastels.

C.Wonder lacquer white-trim tray, $78, www.cwonder.com

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Colorful bunny mini string lights, $12, www.target.com

4

5

This guy is not part of the Easter egg hunt.

Faux Pussy Willow Easter Egg Wreath, $63, www.potterybarn.com

You worked hard on that lamb. Serve it on something worthy of its beauty.

Anthropologie platter, $98, www.anthropologie.com

6

Setting the table

One of our favorite event designers, Matthew Robbins, teamed up with Bath & Body Works to create fun tabletop ideas using the company's products. Items such as the Ceramic Mini Candle Holder ($8), Lace Pewter Candle Sleeve ($6) and Pineapple Luminary Candle ($45) can play double-duty as centerpieces for your table.

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2:	$53,900
3:	$60,650
4:	$67,350

*Rents are estimated and subject to change

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WHERE IS REAL ESTATE HEADED?

By Attorney George Warshaw

It's been an interesting turn of events, but not unexpected.

First, despite record low interest rates sellers couldn't give away their homes. For well over two years, there was a shortage of buyers – almost at any price.

Then in heartbeat, the market turned and in a matter of 6 months the backlog of homes for sale cleared and now there is nothing to buy.

The real estate community refers to it as "a lack of inventory." For every property on the market for sale there are 10 or more buyers ready to make an offer.

In the last market when a property was placed on the market for sale, the question was how much below the listing price would it sell at?

Now the question is how much above the listing price will it command?

The bidding wars for many properties have begun. At a recent open house for a Brookline condo there were over 40 buyers at the open house. Offers were made on the spot.

The problem for many sellers is where will they live once they sell? Without the comfort of knowing they can buy a new home many are once again just sitting with their homes and waiting for the market to turn.

The balancing point is not far off as the swing of the pendulum finds a more comfortable middle ground.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

Laura Linney
Stand Up To Cancer Ambassador
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